

CHFS Focus Employee Spotlight: McCracken County supervisor Sandra Lynn wins Grannis Award

By Anya Armes Weber

The Cabinet has given a 35-year veteran of state government its top honor for social workers.

Sandra Lynn of Paducah has been named the 2005 Paul T. Grannis Award winner. She will receive the award at a Department for Community Based Services (DCBS) management meeting on Wednesday, May 18, in Louisville.



The award honors the memory of Paul Grannis, a Fleming County family services worker who was killed in 1987 during a child protection investigation. Grannis received the award posthumously that year.

Lynn supervises a team of eight treatment staff in the family services office of McCracken County's Division of Protection and Permanency. She and her staff help families that may be at high risk of having their children removed because of abuse or neglect.

Representing the Purchase Service Region, she was among 14 nominees. All nominees will be honored at the meeting.

Lynn said she is happily "overwhelmed" to receive the award from her peers and sees it as a good opportunity to tell people what social work is really like.

"Social workers are very committed," she said. "The decisions that social workers have to make are almost never black and white – there is a lot of gray. It can be challenging and sometimes difficult to make those choices. We must make good decisions in order to protect the children and the families in this state."

Lynn, a licensed social worker, graduated from Murray State University with a major in sociology and a minor in psychology. She began her career in the former Department of Economic Security in the Division of Public Assistance in 1967. She took time off when each of her two children was born. She was promoted to supervisor in 1982.

Her nomination, submitted by a co-worker, reads in part: "Her life and accomplishments reveal that she has defined who she is by what she does. She has touched the lives of many people through the years and has had a great impact

on all who have had the privilege to know her and work with her."

Cabinet Secretary James W. Holsinger, Jr., M.D., said he is proud that someone with Lynn's experience is representing the Cabinet.

"I congratulate Sandra not only on receiving the Paul T. Grannis Award, but also for her more than three decades as a social worker in Western Kentucky," he said.

"Her tenure of quality service is practically unmatched in the Cabinet and all of state government," Holsinger said. "On behalf of all the Kentuckians she has helped, I thank Sandra for an exemplary job and a wonderful example."

DCBS Commissioner Mike Robinson said of Lynn, "Sandra has made a lot of tough decisions in the past three decades. Her experience has helped not only the families and children who are her customers, but also her co-workers, who are still learning from her example of compassionate service."

Lynn said it can be hard getting through to families who are in danger of losing their children because of persistent setbacks.

"A lot of families are overwhelmed with the problems they have," she said. "They don't realize that other families have similar problems."

"Once children come into temporary state care, some families realize they have made mistakes and see that they must deal with these issues," Lynn said. "The agency can't do that for them. We can develop a case plan with the family, but they will have to make the change on their own. We encourage them to look at their strengths and involve community partners in helping them. In many cases, families are able to make the right decisions for their children."

The Cabinet last awarded the Grannis Award in 2000.

"We felt it was important to reinstate this award to help us remember how vital staff can be in assisting vulnerable families who may be near a breaking point," Robinson said. "In recognizing the efforts of our top field workers, we also honor Paul and his dedication to service."

Lynn and her husband, Louis, have been married for 38 years and have a daughter, a son and two grandchildren. Her hobbies include walking, reading and other activities at her church, Spring Bayou Baptist in Kevil. The family also takes weekend trips to the nearby Western Kentucky lakes.



CHFS Focus Program Spotlight: Heart Disease and Stroke Prevention Program Urges Stroke Awareness in May

The Kentucky Heart Disease and Stroke Prevention Program works year-round to increase awareness of how Kentuckians can engage in healthy behaviors to prevent stroke and heart disease. During the month of May, the program has a special focus on stroke awareness. On Monday, May 9, Governor Ernie Fletcher proclaimed May Stroke Awareness Month in Kentucky.

"As a physician, I know the importance of taking preventive steps early to prevent stroke," said Governor Fletcher. "We want to engage in healthy habits that prevent not just stroke, but also a whole host of medical conditions. By not smoking, eating a balanced diet and getting regular exercise, Kentuckians can live longer, healthier lives."

The Heart Disease and Stroke Program, also known as the Cardiovascular Health Program, is a federally funded program located in the Department for Public Health. The program is staffed full-time by Brian Boisseau and Michelle Mitchell; Ron Alsup serves as part-time support staff.

The program's goals are to help reduce the rates of disability and death due to heart disease and stroke through primary and secondary prevention efforts. The program works with other state and local agencies to promote healthy eating, physical exercise and smoking cessation and prevention. Other efforts include working with partners such as the American Heart Association to implement guidelines in hospitals that follow certain protocols when a stroke or heart attack victim is brought to the emergency room.

The program's prevention efforts include working with health care systems, worksites, communities and schools to promote awareness of the signs of heart attack and stroke, the importance of calling 911 and the prevention and treatment of the risk factors that cause heart disease and stroke. Placement of Automated External Defibrillators in ambulances and appropriate public locations is another area that is important to help reduce death due to heart attacks.

"What we do is important because it has the potential to save thousands of Kentuckians from premature death and long term disability due to heart disease and stroke," said Boisseau, program manager. "With the help of our partners, we want every Kentuckian to have a chance to prevent or survive a heart attack or stroke. That all begins with every person knowing the warning signs."

The program wants Kentuckians to raise awareness of how Kentuckians can prevent strokes throughout May.

Stroke, also known as a cerebrovascular accident, is the third leading cause of death and a leading cause of disability in Kentucky. More than 2,500 Kentuckians die each year from stroke, and more than \$200 million is spent to treat stroke patients annually in Kentucky.

Stroke is sometimes called a "brain attack" because it is similar to a heart attack. But instead of a blockage occurring in an artery leading to the heart, the blockage occurs in an artery leading to the brain. If action is not taken immediately, the lack of blood flow to the brain can cause brain damage or even death. In more serious cases, a blood vessel in the brain can rupture. As with a heart attack, quick action may save a life.

Stroke can happen to anyone, so it's important that everyone knows the possible signs of a stroke. The sudden signs to look for are:

- ◆ Feeling numb or weak on one side of the body or face
- ◆ Difficulty speaking clearly
- ◆ Difficulty seeing in one or both eyes
- ◆ Difficulty walking or feeling dizzy
- ◆ A very bad headache, with no known cause

A simple three-point test can help save someone's life. If someone showing the above signs, do the following three things quickly:

1. Ask the person to smile. If there is a facial droop on one side, call 911.
2. Ask the person to raise both arms. If one arm rises, and the other is having trouble, call 911.
3. Ask the person to speak a simple sentence. If the speech is slurred, call 911.

The biggest stroke risk factor is high blood pressure. It is important for people to check blood pressure regularly. Ideally, blood pressure should be 120/80 or lower. If a person's blood pressure is higher, he/she should see a physician immediately.

Boisseau said, "Know your blood pressure, know the warning signs, and know to call 911. This knowledge can save your life or someone's you love."

For more information about stroke prevention, visit the Heart Disease and Stroke Prevention Program's Web site at <http://chfs.ky.gov/dph/ach/cardiovascular.htm> or call (502)564-7996, ext. 3823.

2005 Women's Economic Summit, June 17-18

Women represent 51 percent of the Commonwealth's population. When quality of life standards are measured, Kentucky women typically fall within the bottom half of states.



Life in Kentucky cannot improve without addressing the specific needs of women. On June 17-18, The Kentucky Commission on Women will do just that as it holds the 2005 Women's Economic Summit: The Next Step in Our Journey at the Frankfort Convention Center.

Individuals, organizations, businesses and local governments are coming together as part of a continuing effort to evaluate, identify and document regional progress, successes and areas of concern.

The focus of this year's summit is to review and recognize progress and accomplishments made since the 2003 Women's Economic Summit and Final Report from the Governor's Task Force on the Economic Status of Kentucky's Women.

The 2005 Summit program will:

- ◆ Showcase regional activities and projects across the state
- ◆ Provide facilitated break-out sessions where regions will come together to determine strategies and priorities for continuing their progress
- ◆ Offer how-to workshops and information-sharing sessions
- ◆ Feature nationally recognized speakers addressing the issues crucial to moving Kentucky forward
- ◆ Exhibit and celebrate the works of Kentucky women artists at a fun Friday evening networking event
- ◆ Honor and recognize individuals, organizations and businesses at the Saturday awards luncheon
- ◆ Celebrate the successes and diversity of all Kentucky women

First Lady Glenna Fletcher will serve as the Honorary Chair of the 2005 Women's Economic Summit. In a letter to summit participants, the first lady invites women of the Commonwealth to review and assess accomplishments, as well as promote future initiatives by attending this year's summit.

Her letter also points out the need to render solutions in the following five areas: education, economic sufficiency, leadership, health and well being and equity.

Registration materials, program events and scholarship information are available online at <http://women.ky.gov/summit2005.htm>.

Employee Satisfaction Survey results available online

The Cabinet for Health and Family Services conducted its first annual Employee Satisfaction Survey Nov. 10-22, 2004, to collect information about office environment, employee support and communication. Survey information was provided initially to all staff on Dec. 21, 2004, and more detailed information was distributed by managers in March 2005.



The survey results highlight areas of success and improvement in overall Cabinet performance. All reports are now posted on the Intranet for staff to use for continuous improvement in internal processes and work environments. To view the survey results, visit the CHFS Intranet Site at:

http://cfcnet.ky.gov/Agencies/ohrm/ESS/ESS_Index.htm.

For more information or clarification, please contact:

- ◆ Jean Kendell at 502-564-7770, ext. 4104, or via e-mail at Jean.Kendell@ky.gov, or
- ◆ Dorothy Brown, OHRM Division Director, via e-mail at Dorothy.Brown@ky.gov

CHFS Employees: Use the Internet and e-mail responsibly

*From: J.P. Hamm, Executive Director
Office of Human Resource Management*



In November, CHFS employees were notified of and received the Internet and Electronic Mail procedure guidelines, which set forth the responsibilities of all employees and unacceptable uses. **The procedure states that tools are in place to monitor employees' use and that inappropriate use of the Internet and/or e-mail may result in disciplinary action up to and including dismissal.**

The monitoring tool in place is able to identify the specific Web site each employee visits, as well as the date and time of the visit, including how many times the employee mouse-clicked. In addition to Internet monitoring, the Cabinet has the ability to track, capture and/or copy employee e-mail.

Please be reminded that you are to use the Internet and e-mail responsibly.

The CHFS Internet and Electronic Mail procedure guidelines are available online at:
http://cfcnet.ky.gov/Agencies/ohrm/Personnel_Manual/InternetEmailPolicy.html

Wellness Wednesday: Lunch and Learn about Addictions

Stan Hankins will speak on addictions at the Wednesday, May 18 Lunch and Learn session outside on the cafeteria patio of the CHR building in Frankfort beginning at noon. Lunch and Learn sessions are sponsored by the Cabinet's Wellness Committee.

Hankins will speak on the characteristics and patterns of addictions and offer some basic steps that can be taken to overcome them. Overcoming addiction to substances, such as tobacco, is an important step to maintaining a healthy life. The 20-minute presentation will be followed by a 10-minute question and answer period.

Hankins has a master's degree in clinical psychology and works in the Department for Public Health, Substance Abuse Prevention Program, where he provides prevention training and assistance with the prevention data system and the funding prevention enhancement site.

Get Moving CHFS! UPDATE – May 13

Rounding the curve

Nearly five weeks have passed since Get Moving CHFS! participants began improving their health with daily exercise and wellness awareness. We are now more than halfway through the pilot project and closing in on our completion date of June 3. Cabinet enthusiasm and participation have been phenomenal. Thanks for all of your hard work. CHFS is proud of you.



This week's PAMs

As of Friday, May 13, Get Moving CHFS! participants had reported more than 62,000 physical activity miles (PAMs). Awesome numbers, folks!

This weekend, make the most of the beautiful spring weather. Take to your yard and earn some extra PAMs. Gardening, lawn mowing and even washing the car are easy to convert to PAMs. Every 15 minutes of these activities, is considered one PAM.

Be sure to send your weekly PAM count to your team captain first thing Monday morning. Teams must continue to report weekly progress. Captains should continue to turn in weekly PAM calculations to Joyce Jennings (CHR mailstop 3C-G).

We're getting closer

Focus on your overall team goal: 420 PAMs by June 3!

Our target date is just three weeks away. Check on your progress to date, and work with your team to help meet its ultimate goal of 420 PAMs. You can do it!

The latest PAM calculations can be found in the online version of CHFS Focus using the link below. Look for your captain's name to find your team totals.

CHFS Focus: <http://chfs.ky.gov/olpa/dc/focus/>

Regional Grannis Award Nominees

By Anya Armes Weber

Paul T. Grannis Award Regional Nominees

- ♦ **Melissa Lynn Robinson** - Jefferson Co., KIPDA Jefferson Service Region
- ♦ **Layne Caldwell** - Fayette Co., Bluegrass Fayette Service Region
- ♦ **Robert Perry** - Johnson Co., Big Sandy Service Region
- ♦ **Patrick Helmers** - Gallatin Co., Northern Kentucky Service Region
- ♦ **Bobbie McClain** - Laurel Co., Cumberland Valley Service Region
- ♦ **Mary Cook** - Warren Co., Barren River Service Region
- ♦ **Thomas Steele** - Morgan Co., Gateway/Buffalo Trace Service Region
- ♦ **Dana Matlock** - Christian Co., Pennyridge Service Region
- ♦ **Debra Jacob** - Daviess Co., Green River Service Region
- ♦ **Sherry Rock** - Hardin Co., Lincoln Trail
- ♦ **Gara Wilson-Casteel** - Greenup Co., FIVCO Service Region
- ♦ **Anetha Caldwell** - Casey Co., Lake Cumberland Service Region
- ♦ **Trish Woods** - Shelby Co., KIPDA Rural Service Region

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CHFS Health Tip of the Week: Take Care of Your Skin

By Anne Parr, R.N.

May is Skin Cancer Awareness Month, so it's a good time to talk about melanoma and skin cancer and how to protect yourself and your family. Skin cancer is the most common of all cancers and the most avoidable.



Below are some tips for preventing skin cancer.

- ◆ Avoid sun exposure and exposure to ultraviolet radiation from the sun.
- ◆ If you must be out in the sun, always use protection. For example, wear a long-sleeved shirt or cover-up, a hat that shades your face and sunglasses.
- ◆ Always wear sunscreen with a sun protection factor (SPF) of at least 15 on exposed body parts, even during the winter, when sun reflected off the snow may be intense. Apply it 15-30 minutes or longer before going out in the sun.
- ◆ Avoid sun exposure between 10 a.m. and 3 p.m. when the sun's rays are most fierce.
- ◆ Check your skin monthly for unusual moles or changes in existing skin markings, using a full-length mirror and a hand mirror to see your back. See a dermatologist if you notice any changes and for regular skin checkups.
- ◆ Steer clear of sunlamps or tanning centers.

For the safest approach to fun in the sun, remember that sunscreens with an SPF of 15 or higher provide some protection against skin cancer. However, use of sunscreen products may give a false sense of security, as prolonged exposure to ultraviolet rays may still accelerate the development of melanoma, the most serious form of skin cancer. The safest approach is to limit exposure to the sun, especially between 10 a.m. and 3 p.m.

For more information about skin cancer and how to protect yourself and your loved ones, visit <http://cancer.gov/cancertopics/types/skin>.

Contracts office celebrates Derby

By Anya Armes Weber

Last Friday, Frankfort staff in the Office of Contract Oversight celebrated the Kentucky Derby with a hat contest and annual stick horse race.

The grand prize winner in the hat contest was Jim Hord, whose 5-year-old daughter, Madilyn, created two caps for her father. Other winners were Debra Powell, Kathey Irvin and Sandra Sudduth, who wore the second Madilyn Hord original.

Race winners, who included Sudduth and Jaclyn Johnston, were rewarded with Derby-themed chocolates.

Office of Contract Oversight Derby hat contest winners were, from left: Kathey Irvin, Debra Powell, Sandra Sudduth and Jim Hord.



OCO staff competed in several stick horse races to celebrate the Kentucky Derby. Lined up on a numbered grid, riders rolled a pair of oversized fuzzy dice and moved according to the numbers rolled. Winners received race-themed chocolate.



Employee Enrichment

By Anya Armes Weber



Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.

“Great people are those who make others feel that they, too, can become great.” – Mark Twain

With the recent attention given to employee appreciation during Public Employee Recognition Week and the CHFS Health and Wellness Fair, it's appropriate to talk about praising your coworkers. Praise doesn't have to come from supervisors or even come during a special time of recognition. Be generous with your praise of teammates when you notice they have made an extra effort or need a confidence boost to get through a big project or a tough time. Your attention could make a difference for coworkers and their customers. It will make you feel good, too.

CHFS Focus points to Wellness

By Patricia Boler

Beginning next week, *CHFS Focus* will have a new, exciting feature - *Focus on Wellness*.

Focus on Wellness will premiere on Wednesday, May 18. This new supplement to the *CHFS Focus* will give special attention to our pilot project, Get Moving Kentucky! Get Moving CHFS! and related activities.



Focus on Wellness will appear as an online newsletter similar to *CHFS Focus*. Site navigation and menus will be included, as they are in *CHFS Focus*.

Focus on Wellness will be published weekly and offer news on exercise, nutrition, smoking cessation and much more.

A printable archive is also in the works.

New publishing day for CHFS Focus - Followed by Focus on Wellness

The next *CHFS Focus* will post on Monday, May 23. From that point forward, future issues of *Focus* will post every Monday, followed by *Focus on Wellness* every Wednesday.